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DEPARTMENT OF HEALTH



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**PUBLIC HEALTH WEEKLY UPDATE:**  
**COVID-19**

**August 13, 2021**

Below is a summary related to the Town of Belmont's response to the COVID-19 (Coronavirus) pandemic. The Town of Belmont is committed to providing information including this weekly update on the COVID-19 situation. Numbers related to COVID-19 and other pertinent information are updated regularly on the [Town's website](#).

The Town of Belmont currently has 1204 *cumulative* confirmed cases of COVID-19, which is an increase of 16 cases over the past week since August 6, 2021. There have been a total of 80 COVID-19 related deaths to date for the Town of Belmont, all of which are confirmed by filed death certificates with the Town Clerk's Office. Over the past two weeks, our average daily incidence was 7.8/100k, with 1.35 percent positivity.

The Massachusetts Department of Public Health (MDPH) continues to provide weekly reports of COVID-19 data by city or town as part of its [Dashboard for COVID-19 Cases, Quarantine and Monitoring](#). MDPH updates this list once a week on Thursdays.

**Data Update - As of August 13, 2021**

- There have been 58 total confirmed cases of COVID-19 since July 1, 2021
- Of those cases:
  - 23 were fully vaccinated (39.7%)
  - 2 were partially vaccinated (3.44%)
  - 14 were too young to get vaccinated (24.1%)
  - 17 had no vaccine or no vaccine history available (29.3%)
  - 20 reported either mild or moderate symptoms (34.5%)
    - No severe symptoms or hospitalizations reported during this time period
- The age breakdown for cases during this time period is as follows:

Age Category	Cases since July 1, 2021 - Count (%)
<10	12 (20.7%)
10-19	9 (15.5%)
20-29	10 (17.2%)
30-39	7 (12.1%)
40-49	10 (17.2%)
50-59	4 (6.9%)
60-69	5 (8.6%)
70-79	1 (1.7%)

- The CDC is currently using 7 day Incidence Rates per 100k to identify community transmission level, Belmont's rates since June 1 (for further context) are as follows:
  - 5/30-6/5 3.65 Low
  - 6/6-6/12 10.95 Moderate
  - 6/13-6/19 0 Low
  - 6/20-6/26 0 Low
  - 6/27-7/3 0 Low
  - 7/4-7/10 10.95 Moderate
  - 7/11-7/17 14.59 Moderate
  - 7/18-7/24 43.78 Moderate
  - 7/25-7/31 21.89 Moderate
  - 8/1-8/7 87.56 Substantial

Indicator - If the two indicators suggest different transmission levels, the higher level is selected	Low Transmission Blue	Moderate Transmission Yellow	Substantial Transmission Orange	High Transmission Red
Total new cases per 100,000 persons in the past 7 days	0-9.99	10-49.99	50-99.99	≥100
Percentage of NAATs <sup>1</sup> that are positive during the past 7 days	0-4.99%	5-7.99%	8-9.99%	≥10.0%

### Belmont Town-Level COVID-19 Dashboard

Find the full Data Dashboard at the top of the town COVID-19 Page: <https://www.belmont-ma.gov/home/urgent-alerts/covid-19-information-for-the-town-of-belmont-find-all-updates-here>

### Town Wide Indoor Mask Order

On Friday, 8/6/21, the Select Board and Board of Health met and voted to adopt a new order to require face coverings to be worn for all individuals aged two years and above in all indoor public spaces, or private spaces open to the public, except where an individual is unable to wear a face covering due to medical condition or disability.

This new indoor mask order will be in effect whenever the [Level of Community Transmission](#) data from the US Centers for Disease Control (CDC) for Middlesex County is categorized as either “**Substantial**” or “**High**” over a consecutive *two week period*. The mandate will be paused whenever this data is categorized as either “**Low**” or “**Moderate**” over a consecutive two week period. Please note this is a different metric than the weekly statistics provided by the MA Department of Public Health.

The full order can be viewed on the Town's website:

[https://www.belmont-ma.gov/sites/g/files/vyhlf6831/f/uploads/covid-19\\_public\\_health\\_mandate\\_8.6.2021.pdf](https://www.belmont-ma.gov/sites/g/files/vyhlf6831/f/uploads/covid-19_public_health_mandate_8.6.2021.pdf)

### Vaccine Data

- Link to full vaccination reports and data: <https://www.mass.gov/info-details/massachusetts-covid-19-vaccination-data-and-updates>
- Vaccine data can also be found in the Dashboard, updated weekly

## CDC COVID-19 Data and Information

COVID Data Tracker: <https://covid.cdc.gov/covid-data-tracker/#datatracker-home>

Info for fully vaccinated individuals: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

## Personal Protective Measures to Keep Up

**Get vaccinated-** COVID-19 vaccines have been demonstrated to be safe and highly effective at preventing severe COVID-19 disease. Some vaccines require two doses, and it takes two weeks after your last dose to be considered fully vaccinated. Fully vaccinated individuals who do not have symptoms do not need to quarantine or pursue testing if they are exposed to a known case of COVID-19.

**Stay home when you are sick-** Be a good neighbor to your co-workers, friends, classmates, or other community members and pursue testing if you are concerned that you may have COVID-19.

**Increase ventilation indoors when able-** This could be opening the windows when it's nice out, or using a fan that exhausts to an open window (pushes inside air to the outside).

**Consider wearing a mask indoors when you are unable to physically distance from others-** While the Governor's Mask order has changed, you are always welcome to wear a mask whenever you like.

**Hand Hygiene-** Keep hand sanitizer handy and/or wash your hands throughout the day.

## Finding a COVID-19 Vaccine Appointment

**All residents 12+ are eligible to receive the COVID-19 vaccine.** Residents can register to book an appointment at a mass vaccination site at [mass.gov/COVIDVaccine](https://mass.gov/COVIDVaccine). Appointments will be offered based on eligibility and available appointments nearby. It is expected that more sites will come continue to come online.

To accommodate residents who are unable to use the form, the registration form allows family members, caregivers or other companions to fill out the form on behalf of someone else. Residents who do not have internet access or someone to fill the form out for them can call **2-1-1** to register.

A complete list of vaccine locations, including retail pharmacies, health care providers, and other can be found here: <https://vaxfinder.mass.gov/> or by searching via map here: <https://www.mass.gov/info-details/covid-19-vaccination-locations#map-of-vaccination-sites->

## Mask Reminders

Here are some tips about how to properly wear your face coverings, and what type of face coverings are recommended.

**CDC Mask Guidance:** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

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**MASKED  
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## COVID-19 Testing

### Should I be tested?

You should get a test for COVID-19 if:

- You develop *any* symptoms of COVID-19, even if they are mild, or
- You are a close contact of someone who has tested positive for COVID-19, or
- You have traveled and are returning to MA, or
- You are planning to travel to a state that requires testing prior to arrival

### What are the symptoms of COVID-19?

If you develop symptoms of COVID-19, even if they are mild, please contact your healthcare provider and a test site near you to schedule a test. You can also [check your symptoms online](#).

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever, chills or shaking chills
- Signs of a lower respiratory illness (e.g., cough, shortness of breath, lowered oxygen saturation)
- Fatigue, sore throat, headache, body aches/myalgia, or new loss of sense of taste or smell
- Other less common symptoms can include gastrointestinal symptoms (e.g. nausea, vomiting, and diarrhea), rash, and inflammatory conditions such as “COVID toes”.
- In elderly, chronically ill, or debilitated individuals such as residents of a long-term care facility, symptoms of COVID-19 may be subtle such as alterations in mental status or in blood glucose control

### Where can I get a test?

Please visit this page to enter your zip code and find a testing site near you: <https://www.mass.gov/info-details/find-a-covid-19-test>

Information continues to evolve quickly, so we encourage all those looking to be tested to contact the site prior to arrival. Many sites may also require pre-screening, a referral and/or an appointment.

### Belmont Helps: Ways to Help Our Community

[Donate](#) | [Volunteer](#) | [Ask for Help](#) | [Find Resources](#) | [Request or Help Sew Masks](#)

Belmont Helps, a Winn Brook Parent Teacher Association Committee, is a 100% volunteer organization founded on March 14, 2020 to connect Belmont area community members in need during the COVID-19 outbreak to resources and volunteers. More information can be found at [www.belmonthelps.org](http://www.belmonthelps.org). Contact belmonthelps@gmail.com or leave a message at (617) 993-0162 for a call back from a team member.

### COVID-19 Informational Call Center

For general COVID-19 questions, all Massachusetts residents encouraged to call the state’s 2-1-1 hotline that is staffed by operators 24/7 and with translators available in multiple languages. Residents with questions can dial 2-1-1 from any landline or cellphone or use the live chat option on the [Mass 2-1-1 website](#).

Please call 9-1-1 in the event of an emergency. Calls should not be made to 9-1-1 to obtain information about COVID-19.